

# **NUTRITIONAL SUPPLEMENT FOR OPTIMIZING THE PRODUCTION AND EFFECT OF NATURAL HUMAN GROWTH HORMONE**

## **Abstract of the Disclosure**

A nutritional supplement for enhancing the production and effect of natural human  
5 growth hormone. The nutritional supplement includes: L-arginine-2-pyrrolidone-5-carboxylate  
in an amount of about 500 milligrams to about 10 grams; L-lysine hydrochloride in an amount of  
about 500 milligrams to about 10 grams; and a cortisol suppressant including at least one of  
acetyl-L-carnitine in an amount of about 1 gram to about 10 grams and maltodextrin in an  
amount of about 1 gram to about 10 grams.

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